

Milk Kanten Recipe

(Japanese Milk Jelly)

Ingredients:

1/2 (1/8 oz/4g) kanten (jelly) stick
2/3 cup water
1 cup milk
1/2 cup sugar
1/4 teaspoon vanilla extract

Method:

Soak kanten or jelly stick in plenty of water overnight or until softened. Squeeze water out of kanten, then tear into pieces. Put the pieces in a saucepan with 2/3 cup water. Simmer until kanten dissolves, stirring constantly. When the mixture comes to a boil, stir in sugar. Add milk, mixing well. Just before boiling, remove the pan from heat. Leave to cool for a few minutes, then add vanilla extract. Moisten the inside of a square mould with water. Pour the kanten mixture into the mould through a strainer or sieve. Chill for about 2 hours until set. Slide a knife around the edges to loosen, then remove from mould and cut into cubes to serve.

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